

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

JUNE 24, 2005

## 3rd Marines suffer 3-1 loss



**Sgt. Joseph A. Lee**  
Sports Editor

The team from Marine Aircraft Group 24 was able to walk away with another victory, Monday, after defeating 3rd Marines Headquarters Company 3-1 in intramural soccer at Pop Warner Field.

With their keeper in California, playing in the basketball regional finals, MAG-24 had an obvious weak spot in their defense standing in front of the goal, but fortunately, their backs and midfielders shifted into high gear during the game to make sure their temporary keeper was not bombarded.

It wasn't long until MAG-24 struck in the first half, when Ramon Aldona found the open net after a shot on goal by John Boring. With only a small lead, MAG-24 knew they couldn't leave anything to chance, and while they struggled to maintain control and possession of the ball during the first half, they were able to put another one in the goal when Gabriel Mallery tapped in a perfect cross under the 3rd Marines keeper, to go into the second half with a comfortable 2-0 lead.

"Our forwards need to step up to get the ball," said the 3rd Marines coach on the sidelines during half-time. "The opportunities are there — the goalie is fumbling the ball all over the place, just put it in!"

A re-motivated 3rd Marines team

Howard Johnson (left), a forward for 3rd Marines, executes a reverse header as MAG-24 replacement keeper Alejandro AlvarezValez prepares to block the shot.

See **SOCCKER**, C-6



**Sgt. Joseph A. Lee**  
Nate Tavares (right), adult instructor with Windward Kai Canoe Club, shows first-time Marine paddlers Christopher Lanum and Matthew Howard how to paddle in cadence.

## Base paddlers wanted for team

**Sgt. Joseph A. Lee**  
Sports Editor

Marines and Sailors aboard Marine Corps Base Hawaii have no shortage of local sports available to them. From archery to skydiving, kiteboarding to surfing, the endless summer environment found in the Hawaiian Islands provides a perfect opportunity for active duty military stationed on Oahu to enjoy the paradise that surrounds them while staying physically fit.

Without a doubt one of the most popular and physically demanding sports in Hawaii, outrigger canoeing has a deep-rooted history in Hawaiian and Polynesian culture, and a member of Windward Kai Canoe Club is hoping to gather some military interest.

Greg Kvaska has invited all the Marines and Sailors aboard K-Bay to the Semper Fit Center, Monday, to provide information about outrigger canoeing in an effort to spark local military interest in the sport. Scheduled to begin at 4 p.m., the meeting is an opportunity for Marines and Sailors to find out about the many benefits of paddling, along with information on how to get started in the sport.

"It's more than just a sport here in Hawaii," said Kvaska. "It's a lifestyle. But it's not as easy as it looks. It

See **PADDLERS**, C-7

## VP-9 misses another after 14-3 loss to Yellow Shockers

**Sgt. Joseph A. Lee**  
Sports Editor

The Yellow Shockers of 3rd Marines defeated Patrol Squadron 9, 14-3, in intramural softball action Tuesday night at Riseley Field, adding one more loss to the struggling VP-9 (2) team's record.

After bolting ahead in the top of the first with five runs, the Yellow Shockers made it clear that they were not planning on going home the losers of this matchup.

When VP-9 got their first at-bat, they had trouble getting their players onto second base, as every infield grounder was well-fielded by the Shocker defense, and VP-9 was forced to take the field once again without a run yet on the board.

In the top of the second, Gamaliel James was first at bat, and walloped a deep fly to center field that was overthrown by VP-9 at third, allowing James to score on the VP-9 error. Following suit, Taurean Smith

came to the plate and everyone watched an instant replay, as the exact same error was made by VP-9, allowing the second run of the inning across the plate for the Shockers. Unfortunately for VP-9, with no outs, the Shockers were not even close to done scoring in the inning.

Rick Almeida and Justin Seymour singled to load the bases for Rob "Tater" Weir, who knocked in both Seymour and Almeida with a line drive, putting the score at 9-0 Shockers. Eric Kelz sacrificed an out with an infield grounder to bring Weir home, and after Matthew Stone and Jamal Garrett singled to load first and second once again, Mark Reed got one last RBI for the inning, brining in Stone for the 11th unanswered run for the Yellow Shockers.

VP-9 was finally able to close out the side, but the bottom of the second inning was not any more productive than their first at-bat, and the inning was quickly wrapped up by the Yellow Shockers, leaving the score at 11-0 going into the top of the third.

First at-bat, Smith, rocked a triple to the warning track, and Almeida was able to bring him home with an RBI single. Seymour singled once more, setting up Weir for yet another RBI, batting in Almeida to bring the tally to 13-0, with two runners on in the top of the third — one out.

Kelz hit an infield grounder that was fielded by VP-9 shortstop Blake Oldham. Oldham flicked to second baseman Matt Vaughn, who turned and rifled the ball to Kevin Cacir at first base, ending the inning with a beautifully executed double play. But once again, the following at-bat brought nothing in the way of runs for VP-9, as Cacir and Billy Stafford were left stranded on second and third as Vaughn's



**Sgt. Joseph A. Lee**  
Matthew Stone, Yellow Shockers shortstop, bobbles an infield grounder before gunning the recovered ball to first for the out, late in the fourth inning.



**Sgt. Joseph A. Lee**  
Beau Denson, right fielder for VP-9, just misses a deep shot, hit by Yellow Shocker, Rob "Tater" Weir. Missed catches like this one contributed to VP-9's 14-3 loss, allowing runners to circle the bases.

fly ball to right was caught to end the third inning, still a scoreless game for the VP-9 offense.

In the top of the fourth, the Yellow Shockers were held to no additional score for the first time in the game, and VP-9 finally got some runs on the board during their following at-bat.

Oldham and Geof Stanford both singled, followed by Timmy Doan to load the bases for Greg Williams, who knocked in Oldham on an RBI single. The following play, Todd Tallman hit a pop fly that brought in Stanford, and with two runs scored and only one out, the bases were loaded with Doan on third, Williams on second and Tallman on first. Cacir was up to bat, and waited out the pitcher for the walk, tacking

on one more run for VP-9 before the following batter fell into a Shockers double-play that ended the inning.

In the top of the fifth, Almeida singled and Seymour walked, bringing Weir up to bat once again for the Shockers. Weir, three for three with two triples and six RBIs, so far, was a sure thing at the plate for the Yellow Shockers. Making him four for four and tacking on his seventh RBI of the game, Weir dropped a bloop right past the second baseman to put the score at 14-3 going into the bottom of the fifth, and the last opportunity for VP-9 to make something happen.

In the last inning of the game, three consecutive batters were caught trying to get that

See **SOFTBALL**, C-6





Cpl. Rich Mattingly

Crew members from the “Fuelers Gone Wild” team race to haul in their regatta boat to place second in the 2004 BayFest Bathtub Regatta competition Sunday at BayFest’s waterfront. Crew members had to build their own watercraft in preparation for the race. The competition this year should be fierce, as 2004 teams have had the past year to recondition and re-build their creations. Tickets for BayFest are available online at [www.bayfesthawaii.com](http://www.bayfesthawaii.com), [www.ticketmaster.com](http://www.ticketmaster.com), at all Ticketmaster outlets including Times Supermarkets (walk in service only), Blaisdell Box Office, and Brigham Young University. To charge tickets by phone, call (877) 750-4400.

# Bathtub Regatta to be a boat-load of fun

**Ed Hanlon V**

MCCS Marketing

You’re a master of the open ocean. You’re a sage of the seven seas. You know every knot in the book. You might have what it takes to be a McKenna Motors BayFest Bathtub Regatta Champion.

The Bathtub Regatta is a hilariously fun competition for all military, families of service members, civilian and corporate teams who create a homemade boat, and are willing to put their marine craftsmanship best to the test. The event splashes away at 3 p.m. at the McKenna Motors BayFest waterfront, July 4.

Team up with your friends or co-workers and create a four-person crew. Regattas must be self-propelled and created originally for the race though, so no redecorating Auntie’s outrigger. Numerous prizes will be awarded from first to reach the finish line to first to sink, funniest design to most creative and many more.

All entries need to be placed in advance, so get your team together and register now. Print your registration form, available at [www.bayfesthawaii.com](http://www.bayfesthawaii.com) or e-mail the Bathtub

Regatta coordinator at [dino.leonard@usmc-mccs.org](mailto:dino.leonard@usmc-mccs.org). For more information, and a complete list of event rules and regulations, call Marine Corps Community Services Aquatics at 254-7655.

BayFest hits Kaneohe Bay Friday through July 4. Gates open at noon each day with military demonstrations, contests and E.K. Fernandez carnival rides. Concerts start at 9:15 p.m. followed by a huge Grucci Brothers fireworks show each night.

Tickets are available online at [bayfesthawaii.com](http://bayfesthawaii.com), [Ticketmaster.com](http://Ticketmaster.com), at all Ticketmaster outlets including Times Supermarkets (walk in service only), Blaisdell Box Office, and Brigham Young University. To charge tickets by phone, call (877) 750-4400. For complete information, log on to [www.bayfesthawaii.com](http://www.bayfesthawaii.com).

McKenna Motors BayFest is an annual event organized by MCCS and is open to the public. Proceeds from this event enhance the quality of life for the Marines, Sailors and their family members stationed aboard Marine Corps Base Hawaii. No backpacks, coolers, weapons or outside food or drink will be allowed.

## BASE SPORTS

### Ongoing

**Extended Summer Pool Hours** — The Kaneohe Bay Base Pool has extended its summer hours for family fun. The pool will be open from 6 to 8 p.m. Tuesdays, Wednesdays and Thursdays so that families can enjoy their summer evenings.

Night lighting, picnic tables and barbecue grills will be available for patrons to rent for a small fee of \$1 per person. Swim, slide and dive away those hot summer nights at the Base Pool.

Evening Water Aerobics classes will be conducted on Tuesdays and Thursdays throughout the summer from 6 to 9 p.m. The class fee is \$2, and tickets can be purchased at the pool or fitness center.

Saturday morning swim lessons are also now available. Only six

spaces per class are available, so sign up now at the Base Pool or call 254-7655. The fee is \$35 per session, beginning June 25. The following is the class schedule. Level 2 at 8 a.m., Level 1 at 9 a.m., Preschool at 10 a.m. and Preschool 2 at 11 a.m.

**Camp Smith Intramural Softball League Registration Now** — Camp Smith athletics is currently accepting registrations for the Intramural Softball League. The league will begin on Monday.

Game days and schedules will be announced in the near future. Submit your team rosters to Camp Smith’s Fitness Center, located in Building 2C, or call Angela Pittman at 477-0498 or 477-5197.

**Semper Fit Center Offers Personal Trainers** — For those looking to get into a tailored exercise

regiment, or for those just looking for some good advice on weight management and control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer, who will take body fat measurements, blood pressure and heart-rate readings and mor. They will do all this and tailor a program based on your physical needs and ambitions. For only \$5 per workout, your trainer will actually train with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now, or call 254-7597.

**Aerobics Room Gets a Little Cooler** — The aerobics room at the Kaneohe Bay Semper Fit Center is getting a facelift! Air conditioners will be installed, which will impact class schedules.

The room will only be closed on the weekdays. Aerobics classes will remain at the center, but held in different rooms.

Call 254-7597 for scheduling information.

**Campground and Picnic Sites** — For picnic and camping sites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island. Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation for picnics and parties from dawn to dusk. Hale Koa Beach may also be reserved for overnight camping.

Reservations are required. to reserve a camp site, call 254-7666 for Kaneohe or 477-5143 for Camp Smith.

**Semper Fit Center Offers it All** — The Semper Fit Center has an aerobics class for anyone and everyone trying to meet fitness goals.

Check out as many of the following programs as you would like: Yoga, Cycling, Tai Chi, Cardio-Kick, Gut Cut, Step-Challenge, Water Aerobics, Pilates, Marathon Training and much, much more. For class information, call the Semper Fit Center at 254-7597.

**Fishing Charters Available at MCB Hawaii** — Spend the day aboard one of Bill Collector’s Fishing Charter boats. Bill Collector (formerly Mahalo Kai) has been serving MCB Hawaii since 1992, offering a day of fishing in the bountiful waters off the Windward side.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.

**Inexpensive, Fun Entertainment** — Look no further for eco-

nomical entertainment Mondays through Thursdays at the K-Bay Lanes where all E-5 and below can receive free rental shoes and discounted games at only \$1.50 a game.

This discount is good for open play, but does not qualify for tournaments, leagues or unit functions.

For more information, call the K-Bay Lanes at 254-7693.

**Color Pin Special** — Every Wednesday, roll a strike. When a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win! Call the K-Bay Lanes at 254-7693.

**Parents for Fitness** — This cooperative baby-sitting effort is available at the Semper Fit Center for children 6 weeks and older.

All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month. Call 235-6585 for more information.

**Paintball Hawaii** — Weekend single-day cost is only \$25 per person, and the fee includes one air refill, equipment and the field fee.

The field is open on weekends. Call 265-4283 for Friday appointments.

**Junior Lifeguards** — The Base Pool is currently offering Junior Lifeguard instruction for the youth at MCB Hawaii.

Let your kids enhance their skills and abilities in the water, plus gain confidence and experience.

For more information, call 254-7655.

### Semper Fit Group Exercise June 2005

**Monday**  
8:45 – 10 a.m. — Step 2 It  
11:45 a.m. – 12:15 p.m. — Gut Cut  
4:45 – 5:45 p.m. — Cycling (\$3/\$1 active duty)  
5:45 – 6:45 p.m. — Class Coming Soon  
6:45 – 7:45 p.m. — Pilates

**Tuesday**  
6 – 7 a.m. — Cycling (\$3/Free to active duty)  
8:30 – 9:30 a.m. — Class Coming Soon  
9:30 – 10:30 a.m. — Yoga  
6 – 7 p.m. — Class Coming Soon

**Wednesday**  
8:45 – 10 a.m. — Step Challenge  
4:45 – 5:45 p.m. — Cycling (\$3/\$1 active duty)  
5:45 – 6:45 p.m. — Class Coming Soon  
6:45 – 7:45 p.m. — Pilates

**Thursday**  
6 – 7 a.m. — Cycling (\$3/Free to active duty)

8:30 – 9:30 a.m. — Class Coming Soon  
6 – 7 p.m. — Step 2 It

**Friday**  
6 – 7 a.m. — Class Coming Soon  
8:45 – 10 a.m. — Step 2 It  
11:45 a.m. – 12:15 p.m. — Gut Cut  
4:45 – 5:45 p.m. — Cycling (\$3/Free to active duty)  
5:45 – 6:45 p.m. — Pilates

**Saturday**  
10 – 11 a.m. — Water Aerobics

Note: A book of 10 single-class coupons for \$2 each can be purchased for \$15 at the Semper Fit Center.

Semper Fit also offers Aikido instruction Mondays and Wednesdays at 8 p.m., and Fridays at 7 p.m.

## COMMUNITY SPORTS

### HTMC Plans Two Weekend Hikes

Saturday, join the Hawaiian Trail and Mountain Club on a three-mile, novice ridge hike in Aiea.

Reach coordinator Phil Booth at 382-4709 for detailed information.

Sunday’s trek takes hikers to Koloa Gulch for a seven-mile, intermediate ramble. A nice

waterfall lunch spot awaits those who take this long meandering trail that crosses Koloa Stream many times. Pleasant scenes of lush native vegetation fill the senses along the way. Ever present are the inherent hazards of gulch hikes

such as: slippery rocks, flash flood, rock fall, water/mud borne bacteria, mosquito borne viruses.

Reach coordinator Clayton Kong at 545-2467 for more information.

Hikers should meet at Iolani Palace at 8 a.m. for the hike. A \$2 donation is requested for each nonmember, age 18 or over. A responsible adult must accompany children under 18.

Bring lunch and water on all hikes and wear sturdy shoes and clothing. Firearms, pets, radios and other audio devices are prohibited on hikes.

Check out the HTMC Web site at [www.geo.cities.com/Yosemite/Trails/3660](http://www.geo.cities.com/Yosemite/Trails/3660) for more information.

### Sunday Polo at Waimanalo

Gates open at 1 p.m. with games kicking off at 2:30 p.m. for Honolulu Polo Club action at the polo fields across from Bellows Air Force Station. Cost is \$3, keiki 12 and under and those with a military ID are free.

The ponies will be available for children to visit after the matches. For more information about the Honolulu Polo Club, visit [www.honolulu polo.com](http://www.honolulu polo.com).

### Hale Koa Keiki Magic Triathlon

Fort DeRussey Beach, fronting the Hale Koa hotel, will be the site of a Keiki Magic Triathlon, July 16.

Children in age groups 7 to 8 and 9 to 10 will swim 50 meters, bike two miles and run one mile. Children in groups 11 to 12 and 13 to 14 will swim 100 meters, bike two miles and run one mile.

Goggles are recommended. No snorkel or fins will be permitted. Participants must wear a bike helmet and any type of two-wheeled bike is allowed. Running shoes must be worn. Only keiki competitors will be allowed in the transition area. Other rules will be included with the race packet.

All participants will receive a T-shirt, timing card and competitor’s medal.

Registration fees are \$25 for individuals, \$22 for military family members and \$35 for relay teams.

Participants may register at the Hale Koa hotel or online at [www.active.com](http://www.active.com). For more information, call 955-9151.

### 25th Annual Tinman Triathlon

The “People’s Triathlon” starts and ends at Kapiolani Park area in Waikiki, July 17. It is a beautiful and doable venue for all level of interested athletes. Signups are \$115 until July 7. Online registration closes July 7, at 8 p.m.

The triathlon is comprised of an 800-meter swim, a 40-kilometer bike ride and a 10-kilometer run. Participants must be 15 years of age or older by July 17.

Each finisher will receive a commemorative award on race day. All awards will be presented on race day at a ceremony at approximately 11 a.m. at Kapiolani Park Pavilion. The number of awards will be determined by the number of

athletes competing in each age group division.

To qualify to compete in the Elite Division, the athlete must submit official documentation that he or she will be able to complete the entire race within two hours for men and two hours and 20 minutes for women. The top five finishers of elite men and elite women will receive overall awards.

Active military participants will be eligible for awards for male and female divisions, along with age group awards. Males 220 pounds and above, females 160 pounds and above will be eligible for additional awards, along with age group awards.

### Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs.

Call the Turtle Cove office at 259-4121 from 8 a.m. to 8 p.m. or visit [www.bellowsaifs.com](http://www.bellowsaifs.com).

•**Saturdays at 8 a.m., Morning Paddle:** Take the guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Cost is \$14. Advanced skill level is required.

•**Saturdays at 1 p.m., History Tours by Van:** Learn about and see significant historical landmarks on Bellows Air Force Station.

•**Sundays at 8:30 a.m., History Tours by Bike:** Ride mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows AFS. Wear closed-toe shoes. Cost is \$15 for bike and helmet rental.

•**Mondays at 8:30 a.m., Hike to Makapuu:** Take a moderate two and a half-mile roundtrip hike to the Makapuu Lighthouse. Hikers will be rewarded with awesome views of Koko Crater, Diamond Head and Waimanalo Bay. Wear closed-toe shoes. Cost is \$8 for adults and \$5 for children 12 and under.

•**Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour:** Discover the magnificent under-



water world of the ocean at a nearby, undisturbed reef. Transportation, instruction and snorkeling equipment are included. Cost is \$15 for adults and \$8 for children 12 and under.

•**Wednesdays and Thursdays at 1 p.m., Kayaking Lessons:** Master ocean-kayaking skills, including water safety and efficient paddling techniques in this two-hour class. Cost is free with a day kayak rental.

•**Thursdays at 9 a.m., Beach 101:** See fascinating natural phenomena as you wade across seaweed-covered reef flats and rock tide pools.

This is an educational experience for the whole family. Be sure to wear comfortable footwear, a hat, swimsuit, sunscreen, and bring water. Cost is \$8 for adults and \$5 for children 12 and under.

•**Thursdays at 8 a.m., Free Aloha Breakfast in the Recreation Center Lanai:** Find out about all the exciting programs and specials happening at Bellows. Enjoy a free continental breakfast and sign-up to win door prizes. For more information, call 259-4112.

•**Thursdays and Fridays at 2 p.m., Lei Making:** Pick your own flowers to use in making a beautiful lei. Cost is \$8 for adults and \$5 for children 12 and under.

•**Fridays at 1 p.m., Bodyboarding Lessons:** Learn how to catch and ride the waves. Free day rental of boogie board is included in the \$5 fee

**Miniature Golf:** One of the few miniature golf courses on the island, the Bellows Mini-Golf Course is lighted and open for night play.

Cost is \$4 adults and children under 12. For more information, call the Golf Shack at 259-4121.

**Driving Range:** Next to our Mini-Golf Course is a driving range. Clubs and buckets of golf balls are available for rent.

### Hawaii Marine Accepts Briefs

To post sports and recreational activities in the *Hawaii Marine*, e-mail items to [editor@hawaiimarine.com](mailto:editor@hawaiimarine.com) or call 257-8835.





# The Bottom Line

(Editor’s Note: “The Bottom Line” is the **Hawaii Marine’s** weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The **Hawaii Marine** welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “If you don’t speak up, you won’t be heard.”)

## Entertainment, Sports *Poker* Network?

**Sgt. Joe Lindsay**  
*The Goat*

He said, son, I've made a life out of readin' people's faces,  
And knowin' what their cards were by the way they held their eyes  
So if you don't mind my sayin', I can see you're out of aces  
For a taste of your whiskey I'll give you some advice  
So I handed him my bottle and he drank down my last swallow  
Then he bummed a cigarette and asked me for a light  
And the night got deathly quiet, and his face lost all expression  
Said, if you're gonna play the game, boy, ya gotta learn to play it right

— Kenny Rogers, “The Gambler”

The “you got to know when to hold ‘em, know when to fold ‘em” chorus was intentionally left out from the above excerpt, even though it technically just snuck its way in a few words ago anyway. Still, there was great thought put into the passage that was chosen. There are two themes in the song that necessitate a closer look — smoking and drinking. The Goat has always felt that anything you get better at, the more you smoke and drink, is not a sport. Therefore, pool is not a sport; bowling is not a sport and darts is not a sport. However, there is an admitted serious flaw in that reasoning. If the logic is accepted, then all of a sudden spelling bees, chess, and, yes, poker, become sports, since it probably can be successfully argued that getting hammered won’t help you put someone in checkmate or spell menda-

*See GOAT, C-4*

**Kristin Herrick**  
*The Cheese*

According to the Merriam-Webster Online Dictionary, a sport, when used as a noun, is: 1) physical activity engaged in for pleasure or 2) a particular activity (as an athletic game) so engaged in. Swimming is a sport. Ice-skating is a sport. Football is definitely a sport. Poker is also sport ... well, according to ESPN. The 2005 World Series of Poker is underway, and, if you have cable, you can catch all the action from Las Vegas on ESPN starting in August. I first started watching the Texas Hold’em World Poker Tour on the Travel Channel a few years back. Not sure what poker has to do with travel, but it was a good show and very addicting, so I didn’t really think too much of it. Then, one day

as I’m flipping through the approximately 457 channels on cable television, I hit ESPN, hoping to see some football highlights. Instead, I see a bunch of guys sitting around playing poker. It became reminiscent of family reunions of my youth — only these guys didn’t have a cloud of cigarette smoke hovering over their heads. I was a little shocked. ESPN, the epitome of sports broadcasting, was showing poker. I checked out their Web site to see if it to was promoting poker as a sport. It was below the “real” sports, and in less bold type, but it was there — poker. I took a deep breath and really thought about the meaning of ESPN — Entertainment and Sports Programming Network. Ok, I can work with that. Poker must just be the entertainment part of the

*See CHEESE, C-4*

### READERS STRIKE BACK

“Now you have this nobody ... who can say ‘I beat Mike Tyson.’”

Dear Bottom Line,

Mike Tyson has done a lot of great things in the sport, but his time has come to an end. Mike Tyson can’t strike the fear in the challenger like he did back in the ‘80s and early ‘90s. I don’t

think the fans really got their money’s worth. All they had to do was wait until Father’s Day to see it for free on Showtime. Mike didn’t have any heart! The man sat down then looked at the ref to help him up. Mike Tyson is like a little dog with a big bark but no fight. You

could get anyone to fight Mike now. Now you have this nobody named McBride who can say, “I beat Mike Tyson.”

**Jeffrey Weathers**  
*Brooklyn, New York*

## “ quotable ”

“Cards are war, in disguise of a sport.”  
— Charles Lamb, “Essays of Elia” (1832)

# Hansen triathlon pits base athletes against the clock

**Lance Cpl. T. J. Kaemmerer**

*MCB Camp Butler*

**CAMP HANSEN, OKINAWA, Japan** — As the sun came up over Okinawa, a group of Americans and Okinawans prepared to push every muscle in their bodies to the limit in the Camp Hansen Open Triathlon, June 12.

The abrupt blast of the starter's pistol sent 94 triathletes on a five-kilometer run, followed by a 15-kilometer cycle and culminated with a 400-meter pool swim.

“It was exhausting, but it was fun at the same time,” said Robert L. Exinia, a competitor who learned about the triathlon only days before. “ I couldn’t train for it, but I think I did pretty well.”

The triathlon was a diverse competition that allowed the extreme athletes to showcase their skills, explained Charles Whyde, the Camp Hansen Marine Corps Community Services lead sports coordinator.

The Okinawan competitors brought a lot of experience to the event and finished in the top three in the men’s overall division.

The first triathlete to climb out of the pool and finish the race was Shinya Kinjo with a time of 52 minutes flat. Shinya Suganuma finished nearly four minutes later with a time of 55:55. Masayuki Aiba came in third overall with 56:43.

“This was the first time I participated in a race with the Marines,” said Kinjo, the All-Japan Miyako Island Triathlon champion. “This race was on a good course, but I wish it was more difficult.”

The women’s division brought the Americans to the winner’s circle.

Dolores Ware came out on top in the women’s division, climbing out of the pool at 59:11. Andrea Stover came in a close second with 59:23 and Christie

Erwin rounded out the overall women’s division in third with a time of 65:36.

Once the athletes finished the race, they gathered for brunch at The Palms, the consolidated club, Col. Mark M. Kauzlarich, Camp Hansen commander, handed out awards to the competition’s fastest triathletes. Trophies were given to the male and female overall champions and the top finishers in the male and female divisions within the road and mountain bicycle categories in three different age groups.

Among the winners was Kauzlarich’s daughter, Niki, who came in first place in the 18 and under age group’s mountain bicycle category of the women’s division.

After the awards were presented, Kauzlarich spoke about the camaraderie between the American and Okinawan athletes and expressed his respect for the athletes who pushed their bodies to the limit for a sport they love.

“We had some challenging weather,” Kauzlarich explained. “There was sweltering heat during the run, rain and wind during the bike, and a little bit of a chill during the swim. I applaud those athletes who participated.”



Lance Cpl. T. J. Kaemmerer



Lance Cpl. T. J. Kaemmerer

Above — Clifford R. Olson mounts his bicycle as he begins the 15-kilometer cycle portion of the Camp Hansen Open Triathlon, June 12. The cyclists rode two laps around cordoned roads during the second of three events. Many of the competitors were physically exhausted after cycling, but ignored the fatigue and willed themselves through the final event, a 400-meter swim.

Left — Bradley N. Shultis Jr. strokes his way through the 400-meter swim during the Camp Hansen Open Triathlon, June 12. As competitors completed the last lap of the swim, their final time was recorded. The swim was the final portion of the triathlon. Shultis swims competitively with the Okinawa Dolphins Swim Team.

## GOAT, From C-3

ciousness (which by the way is a key component in poker).

There is little doubt one must have incredible smarts to be truly good at chess, be a complete nerd to spell well, and have amazing mental stamina to stay up all night playing poker. Drinking and smoking will not make you perform better in these events.

So by default then, are chess, spelling bees and poker sports?

H--- no.

Chess is a great game of strategy and intellect, but it is not a sport. DoD policy precludes The Goat from sharing his feelings on ESPN’s coverage of spelling bees, so we are left with the real reason this column is being written — poker.

**Bottom Line:** Like chess, poker involves high levels of strategy and intellect. To be good in poker, mendaciousness, err, bluffing, must be honed to both a science and an art. Anything involving the potential to lose your mortgage and your children’s college fund in a few hours must be an incredible rush, but that doesn’t make poker players athletes.

Still, poker is fun to play with the guys every Friday night from 8 p.m. to 4 a.m. at an undisclosed location, and The Goat has no problem watching it on ESPN and FSN (that both seem to broadcast little else lately). Just don’t call it a sport.

## CHEESE, From C-3

equation. That’s what I’m going to keep telling myself anyway. That said, I still find it hard to believe that the people who bring college football into my home are the same ones who allow me to watch card games for hours on end.

**Bottom Line:** Define it any way you want, poker is not a sport. Fun and entertaining, yes. Mentally and emotionally tough, yes. Physically exhaustive and challenging, ahhhh, no. While poker enthusiasts may compare a quarterback sneak to a really good bluff, I don’t. Sports require more physical activity than a flick of the wrist or the pushing of a few ounces of chips.



# Cardinals spread cheer in Al Asad, Iraq

**Gunnery Sgt. Shannon Arledge**  
*2nd Marine Aircraft Wing*

**AL ASAD, Iraq** — The Arizona Cardinals Cheerleading Team took the field, June 20. Ten smiling faces greeted the forward deployed 2nd Marine Aircraft Wing as part of a armed forces entertainment show touring forward deployed bases in Iraq.

Morale boosting events such as this are not uncommon for celebrities, or in this case cheerleaders for a professional football team, to show their appreciation to the fighting men and women of the military. Hundreds of Marines, Sailors and soldiers poured in to receive auto-graphed pictures and snap their own shots of the Arizona beauties.

“This was a sight for sore eyes,” said Cpl. Khauncey D. Hurt, 23, from Marine Aviation Logistics Squadron 26. “This was a real morale pick-me-up; now I’m an Arizona fan,” added the Eatonton, Ga. native.

The cheerleading team wasn’t on board to promote their pro football team or encourage crowd support. They were cheering another team; the team of warriors fighting for



Gunnery Sgt. Shannon Arledge  
Kristi Gauthier (right) and “Tiffany” pose with Sgt. Rodrigo A. Diazcoloma, 26, of Long Island, N.Y. The Marine, assigned to Marine Light/Attack Helicopter Squadron 269, located his personal football for the autograph signing, and received signatures from the cheerleaders touring operating bases in Iraq.

Operation Iraqi Freedom.

“It has been an amazing experience,” said Kristi L. Gauthier, 25, who has been cheerleading for the Cardinals for three years. “I love to put smiles on their faces and it is our honor to be here.”

“I’m very proud,” punctuated Bridgot L. Asher, 30. “I’ve always supported our military, but I’ve never been this close. I have a new appreciation for what our military men and women do.”

Sergeant Rodrigo A. Diazcoloma, who hails from Long Island, N.Y., didn’t arrive with just his pen in hand. After making his way to the head of the line he produced an object familiar to each of the ladies.

“I had each of them sign my football,” said Diazcoloma, assigned to Marine Light/Attack Helicopter Squadron 269. “It’s part of my scrap-book. I’ll place it somewhere for everyone to see; who know’s, I may donate it to the squadron.”

The team of cheerleaders expected Marines and other uniformed military men and women when they arrived in country. Probably their most loyal fan, was the most unexpected:

Dany, a 5-year-old German Shephard, serving as a military working dog.

“I think Dany enjoyed the attention,” said Cpl. Robert A. La Place, 25, from Sacramento Calif. La Place and Dany ensure the security of Al Asad on a daily basis. “It’s awesome these women came to Iraq,” said La Place. It makes us happy and it makes a difference. The war never goes away, but if we can take our minds from it for just a minute, it makes a difference.”



Gunnery Sgt. Shannon Arledge  
“Tiffany” autographs a football carried in by Sgt. Rodrigo A. Diazcoloma. The cheerleading team from the Arizona Cardinals were cheering for another team during their visit to Iraq in mid June. They cheered for the warriors fighting for Operation Iraqi Freedom.

The female bombshells will spend two weeks in Iraq before heading back to the West Coast. Prior to arriving here, they said, they were given a different impression of the on-going operations. They mentioned all the negative advertising from the major news networks; however, after arriving they have encountered a new face of Operation Iraqi Freedom.

“The news networks aren’t telling the stories that need to be told,” said Heather V. Shrake, 28, who has coached the team for one year. “We have flown in helicopters and witnessed the support first hand from the people who live here. They swarm around their villages to just wave at us flying overhead,” added Shrake. “The people back home also don’t see all the soccer balls going to the Iraqi

children, the candy that puts smiles on their faces, or the rebuilding. You can see the support from the people who live here. The networks need to get it right.”

“It takes courage to come here,” said Cpl. Adam L. Brant, 20, assigned to Marine Aerial Refueler Transport Squadron 252, and native of Hubbard, Ohio. “We appreciate their support, and it is always nice to see pretty ladies.”

There were no football players scoring points, making the big tackles, or scoring the winning touchdown for their home state. The team of cheerleaders who visited here were no longer on the sidelines, they were doing their part on the front lines to support the men and women maintaining the momentum in the Global War on Terrorism and Operation Enduring Freedom.

Did You Know?

**What are the symptoms of CO poisoning?**

Carbon Monoxide can have different effects on people based on its concentration in the air that people breathe. Because you can’t smell, taste, or see it, you can not tell that CO gas is present. The health effects of CO depend on the level of CO and length of exposure, as well as each individual’s health condition.

The initial symptoms of CO poisoning are similar to the flu (but without fever). They include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

Many people with CO poisoning mistake their symptoms for the flu or are misdiagnosed which sometimes results in tragic deaths.

Because CO replaces oxygen in the blood, it can make people feel sleepy. Or, if they are asleep, it can prevent people from waking up.

At higher concentrations, people can experience impaired vision and coordination, headaches; dizziness, confusion, and nausea. In very high concentrations, CO poisoning can cause death.

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# Staying safe key to good summer fun

**American Red Cross**  
*Press Release*

**Beach Safety**

•Protect your skin: Sunlight contains two kinds of UV rays — UVA increases the risk of skin cancer, skin aging, and other skin diseases. UVB causes sunburn and can lead to skin cancer. Limit the amount of direct sunlight you receive between 10 a.m. and 4 p.m. and wear a sun-screen with a sun protection factor containing a high rating such as 15.

•Drink plenty of water regularly and often even if you do not feel thirsty. Your body needs water to keep cool. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly but make the heat's effects on your body worse. This is especially true with beer, which dehydrates the body.

•Watch for signs of heat stroke: Heat stroke is life-threatening. The victim's tem-

perature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red, and dry skin; changes in consciousness, rapid, weak pulse, and rapid, shallow breathing. Call 9-1-1 or your local EMS number. Move the person to a cooler place. Quickly cool the body by wrapping wet sheets around the body and fan it. If you have ice packs or cold packs, place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels. Watch for signals of breathing problems and make sure the airway is clear. Keep the person lying down.

•Wear eye protection: Sunglasses are like sunscreen for your eyes and protect against damage that can occur from UV rays. Be sure to wear sunglasses with labels that indicate that they absorb at least 90 percent of UV sun-

light.

•Wear foot protection: Many times, people's feet can get burned from the sand or cut from glass in the sand.

**Ocean Safety**

•Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim — this includes adults and children. The American Red Cross has swimming courses for people of any age and swimming ability. Contact your local Red Cross chapter for information on courses.

•Stay within the designated swimming area, ideally within the visibility of a lifeguard.

•Never swim alone.

•Check the surf conditions before you enter the water. Check to see if a warning flag is up or check with a lifeguard for water conditions, beach conditions, or any potential hazards.

•Stay away from piers, pilings, and diving platforms when in the water.

•Keep a lookout for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants. Leave animals alone.

•Make sure you always have enough energy to swim back to shore.

•Don't try to swim against a current if caught in one. Swim gradually out of the current, by swimming across it.

**Soccer, From C-1**

came onto the field for the second half of play, eager to take advantage of the replacement keeper of MAG-24, which Howard Johnson of 3rd Marines was able to do early in the second half. That goal put 3rd Marines within reach, and they weren't about to lie down for MAG-24 quite yet. Shortly after Johnson's goal, forward Drew Sengdara broke free from the MAG defenders and was accompanied by three other 3rd Marines players in a four-on-one break-away. Sengdara shot a bit early and the ball went high and wide, missing a scoring opportunity for 3rd Marines.

As the 3rd Marine team tried to put together offensive strikes, the officials called several plays back as offsides, but the 3rd Marines team kept regaining control of the ball. When forward David Suy broke free from the crowd on play shortly thereafter, everyone expected the game would be tied, but Suy missed the open shot on goal. Attempting the rebound, David Salazar got a piece of the ball, but his shot was blocked.

When the MAG team was finally able to gain control of the ball for an extended portion of the second half, forward Andrew Urey centered the ball for Mallery, who took the shot. The shot was deflected by the 3rd Marines keeper, but MAG coach Christopher Voss was right there to push the ball past the keeper and into the net, spreading the MAG lead, 3-1.

As the final seconds ticked off the clock, the 3rd Marines



Sgt. Joseph A. Lee  
**Patrick Kimble (left), midfielder for MAG-24, and Howard Johnson, forward for 3rd Marines, leap for the header, Monday evening at Pop Warner Field. Both teams were extremely competitive in Monday night's matchup, but MAG-24 came away with the win, 3-1.**

offense made several strikes at the goal, but MAG's temporary keeper held his own, and the assault was not successful.

"I think overall, we had a very good game this week," said Voss. "We're starting to

gel as a team, and it's nice to see everyone come together out there on the field like they're supposed to. It looks like we've found our groove, and we don't plan on slowing down any time soon."

**SOFTBALL, From C-1**

extra base by the Shockers defense, and the game was ended at 14-3, Shockers.

"Our team just played awesome today," said Weir. "We had bats tonight, and I don't mean that figuratively. We haven't had a selection of bats throughout the season, and tonight we actually had a bit of a selection. Our bats were definitely working for us too, though, but I think I have to give most of the credit for our win to our defense. Early in the season, we were hurting bad on defense, but it looks like we've finally started to come around. Tonight, we knew we had to come out here and get the early lead, and that's exactly what we did, and we kept running from there."

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**Girls and Boys Town**

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**PADDLING, *From C-1***

takes much training and expertise to get those canoes moving at the desired pace for racing.”

Outrigger canoe racing has always been taken seriously in Hawaii, according to Kvaska, but was still very much randomly practiced before 1922. It was not until 1940 that outrigger canoe racing received formalized rules and regulations. In 1950, the Hawaiian Canoe Racing and Surfing Association was founded, later changing its name to the Hawaiian Canoe Racing Association to govern and set rulings for organized outrigger canoe racing throughout the Hawaiian Islands.

There are now more than 60 clubs belonging to the HCRA. On Oahu, clubs race in either the Oahu HCRA or the Hui Waa, to which Windward Kai Canoe Club belongs.

“Windward Kai is one of the smaller clubs on the island, and we welcome new paddlers all the time,” said Kvaska. “In some of the larger clubs, a newcomer may not compete in a race for years after joining, but in one our size, there is a good possibility you could be out there racing for our team very soon after starting with us.”

The weekly races are held every Sunday for both associations at several locations around Oahu, hosted by a different canoe club every week, said Kvaska.

This Sunday, the Windward Kai Canoe Club will be hosting a race at Kailua Beach Park from 8 a.m. until 4 p.m., where food and drink vendors will be at the beach park for spectators and participants of the race. Marines and Sailors from K-Bay are invited to witness the racing first-hand, to see the excitement that is outrigger canoe racing.

So what is an outrigger anyway? How is it any different from a regular canoe?

The outrigger canoe is so named because of the attached rig known as an outrigger which acts as a balance, rigged out from the left or port side of the canoe. A number of spars, or iako, are lashed across and to the canoe gunwales, extending outward for a given distance and attached to a flotation device, called an ama.

One of the many skills learned by the early maritime Polynesian pioneers was the skill of manufacturing cord from plant fibers, and with it came the skill of lashing timbers together. This then became the method for attaching the iako to the canoe.

The fundamental aim, according to members of Windward Kai, is to ensure the safety of the canoe itself so the lashing would break before the canoe. Though it seems the lashing is simply tied to the canoe in any old fashion, there is, in fact, a method the madness.

According to Kvaska, if the lashing did break, it would not unravel itself, only because of intricately woven lashing techniques cinching the cords over themselves many times.

Rubber inner tube can also be used to attach the iako to the canoe, allowing some degree of give for the outrigger as it is moved by the ocean’s swells.

On Wednesday, two K-Bay Marines from the Provost Marshal’s Office ventured out to the Kailua Beach Park area for their first experience with paddling and the outrigger canoe.

Christopher Lanum and Matthew Howard were greeted by the adult instructor, Nate Tavares, of Windward Kai, who immediately got the two Marines seated inside a canoe for their first lesson.

After a quick explanation of the paddlers’ positions inside the canoe, Tavares and the two Marines practiced calling the proper paddling cadence.

“It was pretty nice being welcomed so quickly by the group,” said Lanum. “Our instructor was very understanding of the fact that we were just beginners, and for a first experience, I had a great time.”

According to Kvaska, the ultimate goal of Monday’s meeting is to raise enough interest to possibly form a military team aboard K-Bay,

as the Base Marina has one outrigger canoe that could be utilized by a team, should one be formed.

“All we would need is for the team to be comprised of 51 percent military,” said Kvaska. “Meaning we can have plenty of locals on the team as well, as long as we gain enough military support to get the team started.”

According to Kvaska, being involved in a canoe club can be a very rewarding experience, and it includes a lot of social events, including the weekly races.

Some, said Kvaska, even camp out on the beach the night prior, making a social family event out of the racing venues every week, in a different location. Of course, for the canoe clubs, the night prior to a race camping is usu-

ally permitted in places otherwise restricted to campers.

“There are so many good points that I cannot even express them all in this article,” said Kvaska. “That is why I’m holding Monday’s meeting at the Semper Fit Center, so I can explain in more detail our sport and personally answer any questions Marines and Sailors may have. I hope to see you there!”